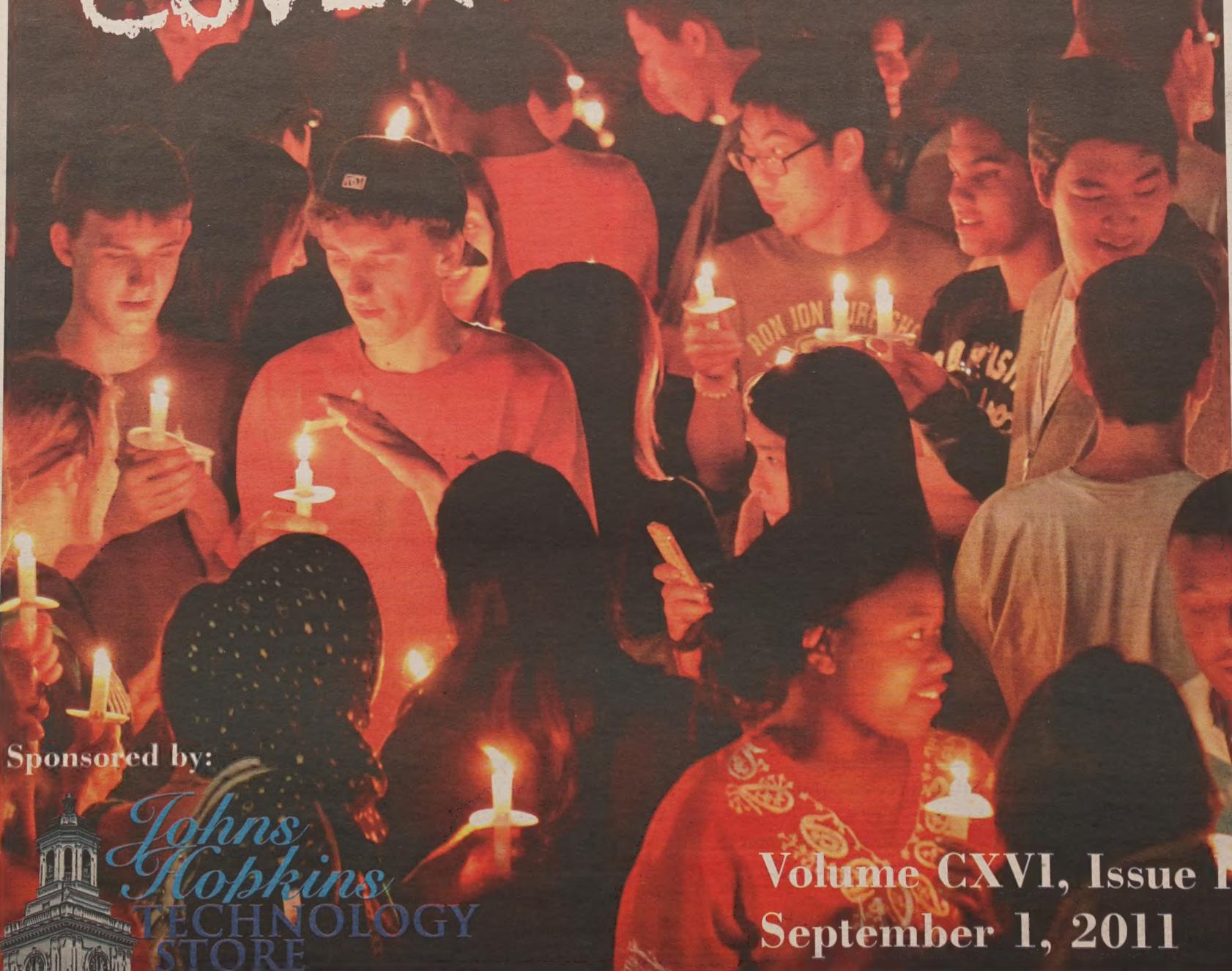
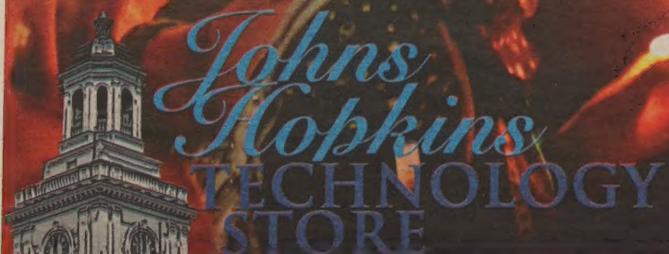


The Johns Hopkins News-Letter

COVER-LETTER



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September 1, 2011



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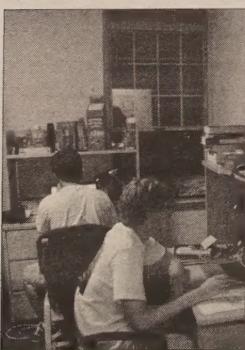
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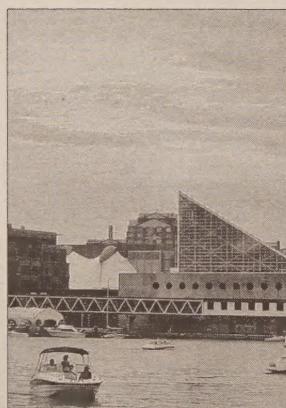
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MORGAN YANG/

STAFF PHOTOGRAPHER

Wazzup!

When you experience something new, whether it is eating a new type of cuisine or receiving a low grade, you feel a variety of emotions. You may be excited and anxious or you may be overwhelmed and afraid. As a freshman at college, your entire life will be a new experience. You are living in a dorm on a college campus with thousands of other individuals. You now have the ability to do whatever you want, whenever you want. You have been bestowed with seemingly unlimited freedom. Your reaction to this sudden release into society will be unique. While your roommate may be exhilarated now that he no longer has an 11 o'clock curfew, you may wish for a more rigid schedule. Nevertheless, you must learn how to live independently without parental direction.

At Johns Hopkins, as it is at any typical university, there are endless ways you can spend your free time. You can join a club or a team, explore the city of Baltimore, socialize and party, or delve into your academic work. For most, it is a combination of prioritized activities that make up their days at Hopkins.

As you are exploring your interests and identifying your passions, you will discover that which is most important to you. The activities to which you find yourself dedicating the most time will determine what your life will be like at Hopkins. It will also shape the person you become at Hopkins. However, the things that are most important to you now, may not be what is important to you at the end of this upcoming school year. You could enter Hopkins as a varsity athlete, realize your passion for art, and immerse yourself in painting and sketching by the end of the semester. You could enter Hopkins planning on being premed, discover that you absolutely abhor science, and begin to take Writing Seminars classes.

College, especially freshman year, is a great time to search for your passion. You have the freedom and the resources to do whatever you want! Only by experiencing and trying new things, can you discover the things that you love. And the things you hate. Try a new sport, take an interesting class, join a new club, or do something that you have never done before! Eliminating activities that you do not enjoy, or just do not have the time to do, is an important part of freshman year. You may join a handful of clubs and not like any of them. You may switch majors five times and still not feel that you know what you like. You may meet tons of people without finding your best friend. The inability to find your niche in college is frustrating and upsetting. Don't get discouraged! Though you may feel like you are the only one that is floating without a clue about your future, you certainly are not alone. Continue to try new things even if you so far have been disappointed.

The Cover-Letter is the issue of *The News-Letter* that is just for freshmen. By exposing you to different facets of academic and social life at Hopkins, it will hopefully motivate you to get out of your room and try something new. The articles are also aimed at preparing you for the freedom and independence of freshman year. We're ready for you. Take Hopkins by storm!

— Laura Flynn, Magazine Editor

The Cover-Letter

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The Johns Hopkins News-Letter

September 1, 2011

Frosh year unveiled: The News-Letter answers your questions

By MALI WIEDERKEHR
Science & Technology Editor

Question (Q): I come from New York City. I'm worried that Baltimore won't quite fill the Big Apple shaped void in my life. Is this a valid concern? — Mark.

Answer (A): You should be ready to adapt to an experience that will differ significantly from your life at home. Approach Baltimore as a new city with fresh opportunities, rather than comparing it to your hometown. Change is difficult and having certain expectations will only prevent you from fully appreciating new experiences.

Be sure to check out key areas like the Inner Harbor, Hampden, Towson, and Federal Hill. The proximity to Washington, DC allows for internship opportunities and cultural and historical excursions. Venture off campus and you will find that parts of Baltimore are unique and exciting. When you are visiting new places, always remember to pay attention to your surroundings and keep safe.

I'm from New York City too, and Baltimore can feel a bit small at times. If you find yourself missing the late-night ice cream runs in the city that never sleeps, remember that Uni Mini and 7/11 are open 24/7.

Q: What is Greek Life like on campus? — Malvinas

A: There are students who choose to attend a college based on the quality of its Greek scene, and I know you are not one of them. I asked five friends belonging to different sororities and fraternities to list their top reasons

for choosing Hopkins.

The recurring three were excellent academic programs, a motivated student body and a small campus in a big city. For all you science junkies, my survey was nonrandomized, had a tiny pool of participants, and was probably biased. But you get the point, right?

Given that Greek Life is not a major incentive to attend Hopkins, its role on campus is minimized. 20 percent of the student body is involved in Greek Life, dispersed over four sororities and 11 fraternities in the National Pan-Hellenic Conference and Inter-Fraternity Council (IFC), respectively.

There are also fraternities that are not part of the IFC and non Pan-hellenic sororities dedicated to multi-cultural interests, community service and pre-professional pursuits. Most fraternities have a house where upperclassmen can live, though sororities do not.

Sorority and fraternity rush, or the mutual-selection recruitment process, occurs in the beginning of spring semester. Do not stress about it now; instead, focus on making new friends, familiarizing yourself with campus and doing well in your classes.

Though you need not join Greek Life to have friends at Hopkins, it is a great way to meet people similar to yourself who you may not have encountered otherwise. I encourage you to approach Greek Life without preconceived notions and with an open mind. If you

ultimately do not join Greek Life, immerse yourself in social groups like a sports team or a club. Hopkins can be a stressful place and your friends are crucial!

Q: Does Hopkins have any fun electives like ceramics, cooking, fencing, or different types of dancing? — Lindsay K.

A: Hopkins offers courses in music, art and film. There are also non-conventional courses such as Criminal Justice and Correction, where students visit courthouses and detention centers as part of their curriculum.

In addition, there are student clubs that span numerous avenues of interest. Ranging from the fencing team to modern dance, the activities here will certainly keep you entertained and challenged.

Make sure to attend the student activities fair, the event where you can scope out and register for student groups. If you are interested in getting a head start, the student activities directory can be found at <http://johnshopkins.collegiatelink.net/organizations>.

Q: How many times did you check the acceptance letter to make sure your name was on the front? — Janice

A: The college admission process

is grueling, and it is a monumental accomplishment to have been accepted to Hopkins. Now that you are here, ditch the uncertainty you felt and start feeling confident. The admissions staff chose you!

For the first time, you will be surrounded by students with academic abilities on par with yours. Take advantage of the intellectually stimulating environment, and be passionate about your studies.



EDDIE WANG/STAFF PHOTOGRAPHER

Members of different Greek organizations mingle. Look out for various fall events to become acquainted with the groups.

The Dizz

Good Food & Drinks, Casual & Funky



The Dizz is a Remington institution, offering ace soups, cheap burgers, a mouthwatering turkey club, and a rotating list of old-fashioned entrées, written up daily in loopy handwriting.

City Paper Guide for
Baltimore College Students,
Cheap Eats 101

WEEKLY EVENTS

SUNDAYS
Service Industry Night
10pm - 2am
\$1 Off Draft & Rail, \$5 S.I.N. Cocktail
10% Off Select Appetizers

MONDAYS
Football & Wings Special
50¢ Wings & \$1.50 Domestic Bottles
(eat in only)

TUESDAYS
Trivia Night ★★★
8:30pm - 10:30pm
Win prizes nightly!

WEDNESDAYS
Karaoke
w/ Jason Bouchelle
8:30pm - 12:30am

Best Hamburger
City Paper, 2007
Best Neighborhood Bar
City Paper Readers Poll, 2008

Best Cheap Drinks
City Paper Readers Poll, 2008
Best Bar
City Paper Readers Poll, 2010

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From neuroscience to psych: Figuring out my freshman year

By FLORENCE LAO
Your Weekend Editor

When I started Hopkins, I didn't know which major to pick. What I did know was that I was fascinated by the brain and by how people think. When it came time to select a major, I decided on neuroscience. It seemed like a good fit and aligned with my pre-med plans, since a lot of the major requirements overlapped with med school requirements.

However, as a fiction writer, I was interested in psychology because I spend so much time getting into the heads of the characters I develop. So amid all the chemistry and cognitive neuroscience classes, I signed up for Introduction to Social Psychology with Professor Stephen Drigotas in the second semester of my freshman year. I figured that Social Psych would be a good introduction to the world of psychology and human interaction.

From the first day and the first minute of class, Drigotas made lectures fun. His examples incorporated ideas both from long-dead experts and theorists along with those from his own personal life and experiences. For example, to illustrate mob psychology, he described his own experience making a bonfire out of furniture with his friends back in his college years.

Drigotas was animated and passionate about the subject, which helped me to retain what we learned (it's been a year and a half and I still remember that bonfire story).

One time, Drigotas called several of us up to the front of the room and assigned us team tasks to perform in order to demonstrate various types of teamwork. I'm sure that lesson stuck in everyone's minds as well, especially those who volunteered to be participants that day.

Intro to Social Psychology consists of lectures three times a week, along with three multiple-choice exams and a final, also multiple-choice.

A lot of new material and concepts are covered over the semester, and missing a class can be detrimental to your grade if you're unable to get make-up notes. My advice if you take this course is to stay on top of your work and to avoid cramming

before your exam.

After such a positive experience with Drigotas, I knew that I wanted to take Advanced Social Psychology with him as well—I had realized that psychology was actually a lot more in line with my interests than neuroscience was.

In fact, by the end of my sophomore fall, I decided to change my major from neuroscience to psychology. I liked learning how and why people act the way they do—the “why’s” behind social interactions—much more than I liked learning about neuron A and B firing at so-and-so time.

Without Drigotas’ Intro to Social Psy-

chology course, I might not be as happy as I am now. That one class is still affecting my academic experiences—I spent this summer doing social psychology research with a professor at the University of Washington. And this semester, I will finally be taking Advanced Social Psychology, a class I’m looking forward to starting.

With all my gushing about this class and how it led to my decision to pursue a psychology major, it may come as a shock that I’m not actually planning to go into social psychology in the future. I will be sticking with my deep-seated love of crime and killers and hopefully will get into a

program for forensic psychology someday. However, it was this class that made me even consider this field, which is silly now that I look back, because psychology, and especially forensic psychology, feels so completely right for me.

Now I’m going into my third year at Hopkins, and finally know without a doubt where I want to go and what I want to do with my life.

Psychology doesn’t just “seem” like a good fit for me. It is a good fit for me. I have a drive to pursue a higher degree, and I’m excited to see where the study of psychology leads me in the future.

Security tips and tricks to follow from now ‘til graduation

By RACHEL WITKIN
Managing Editor

Don’t let *The Wire* scare you into never leaving your dorm. Hopkins is one of the safest college campuses in the country. However, don’t let the picturesque beauty of the Homewood campus lure you into believing that you live in a bubble. This is a city and, as such, remember to exercise certain caution and use the safety resources that Hopkins provides. Here is a short guide to remind you how to stay safe during your stay in Charm City.

The Blue Jay Shuttle

With a newly revamped shuttle system you are now able to get to a number of off-campus locations with ease. Use this for grocery shopping, late night library visits or trips to Paper Moon.

Hopkins Security Personnel

You should already know who the Hop Cops are and how to spot them. Those bright yellow shirts certainly increase their visibility. Along with off-duty Baltimore police officers that will come help out with security, you can find Hop Cops on and around campus 24/7. They’ll be on foot, car, bike, seg-

way and golf cart and are more than willing to provide walking escort if need be.

Security Technology

There are over a hundred blue lights on and around campus, and like the brightly colored Hop Cops, these are just as easy to spot. If for any reason something feels unsafe, just press that red button and security personnel will be dispatched to the area within 30 seconds. There are emergency telephones which will connect you to security dispatch as well.

Along with the standard closed-circuit televisions, Hopkins has motion-detection sensors. These inconspicuous looking cameras will detect over 10 kinds of suspicious activity including individuals peering in windows and unattended packages. Finally, make sure you sign up for the text message alert system which will text you in the event that something dangerous may occur near campus. More information about this system can be found at http://www.jhu.edu/security/services_whelen.html.

Security Programs

The security website can help direct you to a variety of programs that will stuff your noggin with more safety knowledge than you thought possible. Join the Crime Watch

program to do your part in reporting unsafe activity or sign up for RAD, a women’s self defense class taught in four sessions.

Tuesday nights signify the weekly neighborhood safety walks led by the Director of Security, Edmund Skrodzki. Often a campus group will join Skrodzki to lead the walk, and the event includes helpful safety tips. The group has even been known to detour to off-campus student’s row houses so that Skrodzki could make suggestions to improve the student’s home security.

Be Smart

With all of the security measures listed above, there is no excuse for putting yourself in unsafe situations. If, for some reason, you are walking alone, don’t distract yourself by talking on the phone or texting. This makes you an easy target. Instead, dial “911” on your phone, and keep your finger paused over the “send” button in case you need to call it suddenly.

But if you can help it, walk with friends. Don’t walk through East Baltimore at night. Catch a cab if you’re stranded. Make friends with the Hop Cops. If you’re a student at Hopkins, it’s safe to say that you’re pretty smart. Make sure you apply this knowledge to city life, and you won’t have a problem.

The Cover-Letter

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The Johns Hopkins News-Letter

September 1, 2011



Sleepless in Starbucks: The best places to study on campus

By CHRISTINA WARNER
Editor-in-Chief

All study places are not created equal. This you will discover as you progress in your days, months and years at Hopkins. For your first semester as a freshman, you may do as I did: cling to one place in particular. After all, you've found a lovely place conducive to your study style. Why fix something that isn't broken? Or, rather, something that isn't teeming with obnoxious, loud-mouthed, non-studiers. But be warned that once finals season begins no place is safe and you may very well have to relocate.

The list below has been compiled by a most studious scholar over the past three years and will hopefully help the backpack-laden and coffee-infused souls looking for a place to rest their Organic chemistry books.

The Milton S. Eisenhower Library (a.k.a MSE a.k.a. the libs)

This is the most obvious study locale, but let me break it down by level.

Q Level: Here you have easy access to coffee and a view of the quad if you're feeling suffocated by the window-less floors below. Plus, if you want to eat something that doesn't fit in your purse (e.g. a pizza), you can come here without fear of being yelled at, or worse — having your food taken away.

M Level: Recommended for the social but studious. This is often quieter than A, but guaranteed to be full of your friends (or at least people you'd like to watch). The new collaborative desk is great for working on projects with classmates and the central windows can almost make you forget you're in the library on a Saturday.

A Level: Group study level means a lot of talking. If studying was like partying, this would be the rager.

B Level: Very quiet. Judging by the amount of times I've been shushed here, I think that B Level denizens are prone to forgetting that they're not on D Level. Lockers for those who have taken to living in the library can be found here.

C Level: A degree more relaxed than B Level. Here you can find big tables and

some comfy chairs for those who avoid being sequestered in cubicles (which are also available). This is generally the second place everyone looks when A Level tables are crowded during peak times (7-9 p.m.).

D Level: This level is often referred to in two ways. The first is a place where you can study in dead silence. The second is where you can sneak away to have sex (also in dead silence). I know a lot of people who prefer the quietness of this floor, but you won't find me there unless I'm looking for a book or trying to complete the Challenge.

Levering Hall

This is another obvious location. You'll probably learn of Levering when you go to meet with your Expos T.A. to talk about your first paper. With Pura Vida and fireplaces that are turned on in the winter, Levering can be a relaxing place to go in between classes. But don't forget the lesser-known study room in Levering.

You can find this on the same level as Pura Vida by the stairway to Levering Food Court. Surprisingly, this is one of the more silent places for mid-day study breaks on campus. Various seating types and few interruptions make this a good



CAROLYN HAN/PHOTO EDITOR

Students frequent Cafe Q to get their caffeine fix before returning to D level.

place to cram before exams.

Gilman Atrium

If you are a humanities student, this will be your Mecca. Grad students in black, undergrads waiting to take their cigarette breaks, and professors with their coffee are common inhabitants of the Atrium. Fight for a table near an outlet and you'll have won one of the best seats in the kingdom. Arrive during peak hours (varied), and you may be relegated to an orange chair by a low table. If you have simply come to read your 400-page novel before class, try the brown couches in the lobby of Gilman. Remember to always bring a sweatshirt when you sit in the Atrium because of aggressive air-conditioning, and don't forget your wallet — Alkimia is always so damn tempting!

The Hutzler Reading Room (a.k.a. The Hut)

Gilman's other popular study area, the Hut, is the most aesthetically pleasing place to study on campus. I personally don't find the chairs as comfortable as the library's, but it does have its merits. Beware that it is not 24/7 and the maximum capacity is much smaller than the library.

Krieger classrooms

Sometimes Krieger is open and sometimes so are the classrooms. If you want to get away from the madding crowd, this may be the place to go. While I find the hallway's a little too serial killer movie for me, some people prefer the wide open space of a lecture hall to do their work.

The FFC

As a primarily freshman-populated area, you will find more seating and fewer crazed upperclassmen here. Instead of getting a take-out box and eating in your room, bring your homework with you to breakfast and sit at one of the side tables. Morning and late-night hours are relatively calm there.

Barnes & Noble Cafe and Starbucks

The Barnes & Noble cafe is superior to the Starbucks on St. Paul in both seating and the fact that it is a Barnes and Noble, so you don't have to feel obligated to buy a \$4 coffee. Regardless, I still prefer the real Starbucks. Go figure.

Charles Village restaurants

One World Cafe, Carma's Cafe and Chocolatea allow you to combine good food with good studying. Each of these cafes has its own peak hours so definitely keep that in mind if you want seating (ex: Chocolatea prohibits laptop use during certain hours). These are not the places to go when you plan to be sedentary for six hours or more, but rather when you want to read that short story for IFP with a good cup of coffee.

Your dorm

Many of the buildings (really all of them except Building A and B - what's up with that?) have rooms conducive for group studying. Check out the AMR or McCoy multi-purpose rooms.

Wolman lobby has two side rooms which can be used for checkers, studying, or people watching. Charles Commons' Winter Library is far superior to the others, but quite popular. Commons also has study rooms on each floor, so try to stake one out before people move in there (Seriously, I saw a microwave in there one time).

Freshman year is a time for making friends, trying new things and finding that one study spot that doesn't make you want to tear your hair out. I hope this list of locations promotes good study habits with minimal Facebook breaks.



B'More bites: A guide for food at Hopkins and in Baltimore

By KATHERINE SIMEON
News & Features Editor

When the school year starts, amidst the excitement of moving in, meeting new friends and starting classes, there is one nice aspect of orientation and back-to-school festivities that freshmen might overlook: free food. Clubs will entice students to join with the prospect of free pizza and some groups host s'mores parties by the AMR BBQ pit. There are BBQs, and some high quality eats at convocation and the Blue Jay Ball. Not to mention, the FFC is new and there are many different selections to try.

But as the fall semester rolls on, the free orientation BBQs will die down and the excitement of eating in a dining hall will wear off.

Nevertheless, freshmen will flock to the FFC before that 9 a.m. chemistry lecture for breakfast, after that calculus section for lunch, and before a long night of studying for dinner, and maybe afterwards for some pancakes at Late Night.

Do not be mistaken—the FFC is great. The panini press is awesome and standing in line for an omelet or noodle bowl is worth the wait. However, there are times when a little variety is refreshing. Here is a guide to eating on and off campus, beyond the FFC.

On Campus

To begin, meal plans come with a set amount of Dining Dollars. Dining Dollars is a currency on campus that can be used for à la Carte dining at places that are catered by Aramark. This is a great way to add variety to meals since you can use Dining Dollars at many establishments on campus. You can also deposit money to your J-Card as J-Cash, so that you can use the vending machines and go to other local establishments without carrying cash around.

Here are a few of the main places on campus to eat, besides the FFC:

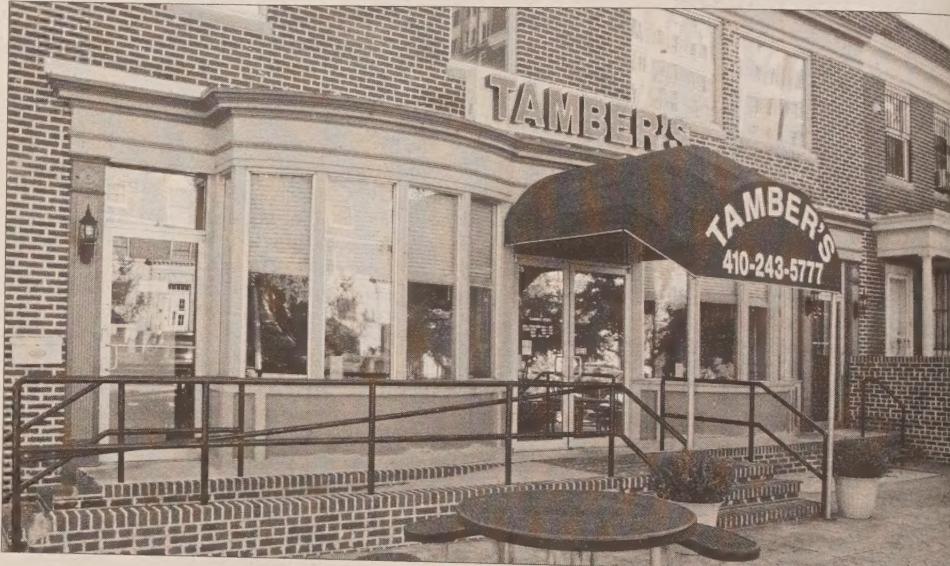
Charles Street Market: Located at the bottom of Wolman Hall and equipped with an Einstein Bros Bagel shop, this is the place to get breakfast while running to a morning class. The sub station also has some great sandwich options, with Southwest Chicken being a student favorite. Serving as a mini-grocery store, items such as produce, cereal and baking ingredients are available to make homemade meals in the dorm. Accepts Dining Dollars and J-Cash.

Levering Hall: With Pura Vida and the Food Court only a floor away from each other, the variety of food is a nice change of pace from the traditional all-you-can-eat dining hall. Additionally, new renovations made to the food court over the summer has helped make the dining area a more welcoming environment for eating and studying. Accepts Dining Dollars and J-Cash.

Nolan's: Opening at 5 p.m. everyday, Nolan's serves dinner to the students living in Charles Commons and the other surrounding dorms. Nolan's also serves as a stage for many campus events and a lounge where people watch that night's football game, play pool, or just study with friends. Accepts Dining Dollars.

Café Q: Located on Q-Level of the MSE Library, you will see a line flowing down the corridor as many students prepare for a long session of studying by getting a caffeine fix. They also sell a selection of foods and baked goods for easy access to good food when stuck in the library. Accepts J-Cash.

Alkimia: Right before the Hutzler Reading Room, in the newly renovated Gilman Hall, this little café provides gourmet coffee and tea to students study-



Tamber's on St. Paul is a popular off-campus restaurant because it serves Indian food in addition to classic diner fare.

ing in the Hut or on their way to a tutoring session. Instructors will also grab something from here to enjoy as they hold office hours in the Gilman Atrium. Accepts J-Cash.

Off-Campus

Although the meal plan covers all the meals for the week, there are many eating options right outside of campus for the occasional splurge and a refreshing change from on-campus options.

Tamber's Restaurant: Right across from Wolman Hall, many students frequent this establishment for club get-togethers or when bad weather makes walking to the FFC unpleasant. Tamber's offers Indian Cuisine as well as what is typically found at an American diner, giving options to both the picky and ethnic eaters. With both a take-out counter and a full restaurant, Tamber's is a convenient option for many.

Ajumma: A cool, casual place for simple Korean food—with their bulgogi

dishes being their bestsellers. With pretty fast service and prices that are fair for the generous portions they serve, many students endorse this as the go-to place for Korean food.

Carma's Café: Tucked away at the corner of St. Paul Street and 32nd Street, Carma's cozy atmosphere and extensive coffee selection makes the small café a nice place for a study break. Seating is hard to come by however, especially during the winter days when sitting outside is less than desirable.

Ledo's Pizza: Known for its rectangular shaped pizza, Ledo's also offers a variety of pastas and sandwiches. With decent prices and long hours, Ledo's Pizza is a well-situated place to share a pizza with friends.

Maxie's Pizza Bar Grille: Maxie's Bar is always filled with students, ready to unwind from the stress of classes. However, the bar is not the only thing Maxie's has to offer. There is a wide selection of pizzas and the mozzarella sticks are a go-to comfort dish.



Befriend caffeine to stay sane and make it out of Hopkins alive

By HSIA-TING CHANG
Arts & Entertainment Editor

After the endless repetitions of "Pomp and Circumstance" have come to a limping halt - after the valedictorian has given the last vaguely hopeful speech about "fulfilling your potential," and "seizing the day," and "looking forward to the brightest future possible" - the excitement of what's to come buoys you through summer vacation.

You spend it lazing around the beach. You spend it in the driver's seat of your car. You spend it dishing ice cream at the local ice cream parlor. Whatever it is you do, it all has a golden glow because for the first time since elementary school, you don't have summer homework assignments. Oh, and you got into Hopkins.

It's your first year at college. You signed up for that 8 a.m. lecture in Differential Equations because hey! you woke up at 6 a.m. in high school. On the first day of classes, you wake up an hour early. If you're a girl, you blow dry your hair, apply your makeup, put on your pre-chosen outfit. Maybe you eat breakfast. If you're a guy, you roll out of bed and play WoW to kill time until class. You walk into lecture and take notes. You think, "This isn't so bad. High school was way harder."

By October, you realize your mistake. Personal hygiene has been left by the wayside. If you wake up an hour early, it's to finish that Psych assignment you forgot to do. You look like a disaster. You smell like B.O. The skin beneath your eyes has that weird, stretched-too-thin feeling that Bilbo Baggins talks about in "The Fellowship of the Ring." You begin to make "Lord of the Rings" references in public.

How can you possibly finish your Physics problem set, write your Brit Lit II paper, stalk your Diff Eq professor (for a better

grade), eat, and sleep in a mere 24 hours? The answer is easy. You nix the sleeping and start mainlining caffeine until your roommate calls your parents, because s/he hasn't seen you outside of the MSE in three weeks. Here at Hopkins, we have perfected the no-sleep-straight-A's routine. Pulling "all-nighters" isn't the exception, it's the rule. We even have an acapella group named after the practice.

Here at *The News-Letter*, we've become the champs of eluding sleep. So we compiled a cheat sheet of ways to beat the 2 a.m. slump especially for our naive incoming freshman who have never experienced the soul-sucking sensation that is the M.S.E. after the Circulation Desk has closed for the night. Remember, caffeine isn't a choice, it's a way of life.

It's your first year at college. You signed up for that 8 a.m. lecture in Differential Equations because hey! you woke up at 6 a.m. in high school.

5-hour Energy - its introduction in 2004 sparked a series of copycat imitations, but the original claimed to boost your stuttering energy reserves for a full 5 hours, without the sugar crash. The hilariously cheaply-shot commercials intone, "Hours of energy now. No 2:30 feeling later." The

energy shot features such ingredients as taurine, Glucuronolactone, malic acid, N-Acetyl L-Tyrosine, L-Phenylalanine, caffeine, and Citicoline. Whatever those are.

Red Bull - the ever-versatile energy drink that "gives you wings" can go from uber-intense study session to uber-intense drinking session. Try it solo Wednesday night while cramming for that Biology midterm, then try it combined with vodka Thursday night in celebration. Red Bull tastes great (if you've already killed your tastebuds) and comes sugar-free. In case you were watching your weight as well.

Mountain Dew - if you like your energy drinks radioactive and colorful, Mountain Dew may be the best choice. Sugary sweet and the color of an exploded highlighter, this soft drink/soda/pop/what-have-you

packs a punch. But boys beware - rumor is that this deliciously fizzy drink causes penis shrinkage and/or lowered sperm count due to the ingredient yellow-5 (this is mostly likely fiction).

Tea - no longer the favored drink of cat ladies everywhere, Hopkins has usurped this once charming beverage for its own nefarious purposes. Though not as instantaneous or powerful as, say, Red Bull it does provide you with a boost of mental alertness. Be wary of what kind of tea you drink. Green and herbal teas are nice, but they don't keep you awake. Look for black teas like Earl Grey or English Breakfast. And read the fine print for that dreaded word - "Decaffeinated."

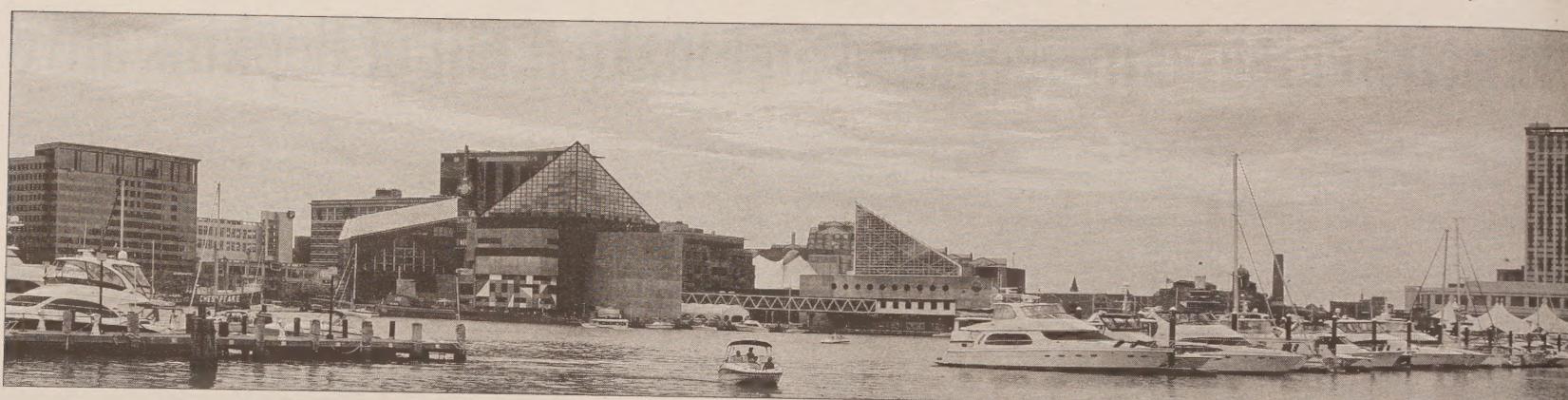
Coffee - Definitely the most complicated of the regularly-used sources of caffeine, coffee's difficulty lies in the variety of choices you're offered. You could get a plain ole coffee and spend roughly \$2. Or you could get a Toffee Nut, Pumpkin Spice, Crème Brûlée explosion for \$5 (all these flavors exist or have existed at one point at Starbucks, by the way). You can get as little or as much caffeine as you want, you just have to tell the nice barista. You could, as a certain Phi

losophy grad student does, order 7 shots of espresso as a morning pick-me-up. The possibilities are endless.

There are, of course, other ways of eluding sleep including but not limited to caffeine pills, pinching yourself, Chinese water torture, listening to Ke\$ha, and sticking your finger in an electrical socket. But these are our favorites.

Fall Fest 2011
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For more information visit www.jhu.edu/studentlife.
JOHNS HOPKINS
UNIVERSITY

The Cover-Letter



BY CAROLYN HAN PHOTO EDITOR
The Inner Harbor is a spectacular site, especially when the sun is shining upon the Baltimore Harbor then visitors can really appreciate the beauty of the glass buildings which are reflected on the surface of the water.

Quirky neighborhoods offer fun across Charm City

By LAURA FLYNN
Magazine Editor

Besides having a song dedicated to it, Baltimore can be seen by some as an unacknowledged city. However, there is much more to Baltimore than colorful row houses. The city is diverse with areas of wealth and splendor, art and creativity, fun and entertainment. If you are from a small town or from a bustling city, you will find yourself enraptured by all Baltimore has to offer.

Inner Harbor

Extravagance and contemporary beauty can be found in the prosperous area of the Inner Harbor. Just ten minutes away from the Homewood campus, you can shop and dine right alongside the harbor. Many freshmen spend a good amount of time shopping in the Harborplace and the Gallery. The glass-walled stretch mall includes chains such as Victoria's Secret, Forever 21, Sunglass Hut and Nine West, as well as local treasures like La Mesa, Laila Rowe, and Savvy.

Entertainment at the Inner Harbor includes the National Aquarium and Maryland Science Museum. The Aquarium is most popular. Regardless of age, seeing a humongous jellyfish dragging its tentacles and a shark bumping its head against the glass encasement is riveting. The dolphin show is also very popular.

The Maryland Science Museum holds typical space, earth, physical science and life science exhibits. Avid 4D film fanatics go to its I-Max Theater to view great scientific films. By far, the most unique, intriguing aspect of the Museum are the laser shows. While listening to the Beatles, the audience is shown laser depictions of the artists and their music covers. It is a captivating experience to listen to Pink Floyd surrounded by neon lights.

Unfortunately, duck tours throughout the harbor have been forbidden since residents of Baltimore complained of the quacking noises made by the riders. Instead there are dining cruises, harbor tours and sightseeing tours, and paddle boats one can take to enjoy the Baltimore Harbor.

Fells Point

It may seem that Maxie's is the perfect bar since it's only a couple blocks away, perfect for walking home after a long night. But, after going weekend after weekend, dissatisfaction may grow. Fells is the place to go. For many, the discovery of new bars occurs on Halloween night. Hopkins students dressed in costume, or rather undressed, are bussed out to Fells for a great night. Max's Taphouse is a pub, which offers a variety of beers and more food than just pizza.

One of the cool, local stores is a market for the ancient knick-knacks, The Antique

Man. Goods stored away in basements and attics are found to have value at this store. Also on display are a Siamese duck, four-legged chicken and a shrunken head on display. Less trippy, but just as intriguing is The Sound Garden that sells used records, and new CDs and DVDs. Again, if you are short on cash, which seems to always be the financial state of college students, music, movies and games can be given in for profit.

Hampden

Within walking distance from Homewood Campus, Hampden is an up and coming area where money is being dedicated to further the area. Located on 36th street are myriad of cafes, restaurants, boutiques and stores.

This street is a blend of the unique shops at Fells and classy stores at the Inner Harbor; Ma Petite Shoe, a shoes and chocolate store, Sixteen Tons, a male clothing store, and Milagro, a mom and pop shop for art and clothing are just a few of the local stores. The Wine Source holds endless varieties of alcohol from different nations. While this street is a fantastic place to shop, it located around dangerous areas. Just travel in groups and not late at night!

Station North

The Arts and Entertainment District, Sta-

tion North is where the eclectic culture of Baltimore resides. Almost every day, there are different events going on. Jazz luncheons, underground band performances, extraordinary exhibits, film fests, dance parties and more. There are 10 theaters, breeding actors and actresses, that showcase the young talent, as well as offering typical cinematic films. Dance and art studios, as well as art galleries instruct artists and showcase their work. You never know, the next Andy Warhol could originate from Station North.

Mount Vernon

This picturesque area is centered around a cobblestone circular path and the Washington Monument (different from the one in DC). Comprised of Beaux-Arts architecture, the soft beauty and elegance of the marble buildings is eminent of Canava's Cupid and Psyche. Most excellent are the Peabody Library and the Baltimore Engineer's Club.

While the Eisenhower Library's close proximity to Homewood campus is practical for studying, the Peabody Library is the place to go for the aroma of old books and manuscripts. Make sure to get a tour of The Engineers Club. Home to a huge Tiffany Glass Dome, a beautiful miniature theatre carpeted red and wood brown, and a tiled atrium, this exceptional villa is reminiscent of the Italian streets and Victorian style mansions.



Getting between campuses and around Baltimore the smart way

Demystifying public transportation and options for students

By IAN YU
Science & Technology Editor

Now that you are at Hopkins, you're probably wondering how you would go about exploring or getting somewhere that is not within walking distance of campus. Even though almost all of you do not have a car here with you, there are still plenty of ways to get around and far. Here's a quick guide to what your options are:

Collegetown Shuttle

With stops at the Inner Harbor, Towson, and other colleges in the Baltimore area, the Collegetown Shuttle is a great way to get introduced to some of the major destinations outside of Charles Village for students. This year the Collegetown Shuttle's Hopkins stop both northbound and southbound will be at St. Paul and 33rd street outside of Barnes & Noble and is marked by green signs with the Collegetown logo.

This service is free for students at schools that are part of the Baltimore Collegetown; just swipe your J-Card when you board and you're good to go (as long as there is an open seat). You should have received a flyer with a schedule as you moved in, but if you already lost it or want more information go to <http://www.baltimorecollegetown.org/shuttle>.

JHMI Shuttle

These large white buses with Johns Hopkins spelled out in dark blue lettering on their sides run between Homewood and JHMI in East Baltimore, stopping along the way at Penn Station and the Peabody Institute. Yes, this is also free for those of you who wish to skimp on paying for transportation to these destinations, whether you are seeing a concert at Peabody, connecting to another service at Penn Station, or working at the medical campus.

JHMI Shuttles run on a set schedule that you can find online at www.parking.jhu.edu/shuttles_jhmi_home-wood.html. They start off at the Inter-faith Center along University Parkway and run south along St. Paul Street with stops at Barnes and Noble, 27th St., Penn Station, and Peabody before heading east towards JHMI with stops the Hospital and the School of Public Health. On the return trip to Homewood, the shuttles makes similar stops along N. Charles St. with an additional stop at 29th Street.

Blue Jay Shuttle

Formerly known as the Security Escort Vans (and you will still probably hear people refer to them as such), the Blue Jay Shuttle is your safe ride to and from campus in the evening and at night. The service has undergone a major overhaul and now operates on a much different basis than what upper-classmen will probably tell you from their experiences.

Running daily (excluding holidays) from 5:45pm until 2 a.m., Blue Jay Shuttles run on several fixed routes that depart every half hour and stop at several locations on campus, surrounding off-campus apartment buildings, nearby supermarkets and locations in surrounding neighborhoods. These fixed route services stop at 11:15 p.m., and the shuttles will run on a point-to-point service until 2 a.m. (requests can be fielded by calling 410-516-8700), with limited services running until 4 a.m. in case you are out much longer than you had anticipated.

As this is a service for Hopkins students and affiliates, you should have your J-Card out to flag down the shuttle as it arrives. The stops will also be marked with stickers that have a color corresponding to the particular route van that services it. For more details and maps of the routes, visit www.parking.jhu.edu/bluejayshuttle.html.

Charm City Circulator

These buses are operated by the City of Baltimore and are free for anyone to use. Running every ten to fifteen minutes, the Circulators currently run two lines that crisscross downtown Baltimore, with a third set to open this fall.

The Purple Line, which you might find yourself using most often, runs from Penn Station down through the Inner Harbor and to Federal Hill, while the Orange Line runs from the area north of Camden Yard to Harbor East. Until the Green Line opens, which will run from City Hall down to Fell's Point and up to JHMI, the city operates the Harbor East Shuttle that runs a similar route. More information is available at charmcirculator.com – and for iPhone and Android users, yes there is an app.

MTA Buses, Light Rail, MARC Train

The Maryland Transit Authority operates an extensive bus system that crisscrosses Baltimore City extending into parts of Baltimore County. Routes 3, 11, and 61 run right through N. Charles and St. Paul streets in front of Hopkins, with the 11 running up north to Towson and down to the Inner Harbor and Fell's Point. There are also several light rail lines that run predominantly to the south and west of Homewood to be of much regular use, but the Hunt Valley-BWI Marshall line runs between BWI, Camden Yard, and University of Baltimore Mount Royal (close to Penn Station).

Another option for traveling between campus and BWI is the MARC Train, a commuter rail line that runs between Baltimore Penn Station and Washington Union Station, stopping at BWI along the way. MARC trains only run on weekdays, so be prepared to shell out more money for an Amtrak ticket if you want to plan a weekend trip.

Fares for buses and light rail are \$1.60

one-way or \$3.50 for day passes with monthly passes at a college student discount available through the Office of Student Employment in Garland Hall. MARC train tickets are \$4 to BWI and \$7 to D.C. Visit mta.maryland.gov for schedules and additional information.

Zipcar

If you do value the independence of driving, but wish to avoid the hassles of car ownership in a city such as Baltimore, then car-sharing through companies such as Zipcar will suit you well. Parked around campus in spots marked with green signs, and bearing the Zipcar logo on their exterior, Zipcars are available for use by qualified drivers who become members.

Once registered and approved, members can use Zipcar's website to reserve a car of their choice for a set period of time. Usage is billed by the hour, with a daily rate superseding the hourly rate for reservations exceed eight or nine hours. While membership in the University-affiliated program is open to licensed drivers 18+, access to Zipcars parked off-street and throughout the rest of Baltimore is restricted to members 21+. Visit zipcar.com for more information.

A small reminder about Charles Street closure:

Starting in November, North Charles Street will be closed for a three-year renovation project that extends from 25th Street up to University Parkway. Obviously there will be changes to many of the services listed above, and the University should keep you informed about any changes that will result as the project moves forward (as well as details on where along N. Charles you will be permitted to cross).

Of course, we at *The News-Letter* will also do our part to keep you informed, so stay with us as the year goes on for updates and how changes will impact you and your travels.



Unrest leads to violence in the UK:

For the first time in decades, England burned. War zone sights from developing nations bizarrely supplanted themselves onto the streets of London, through Tottenham and Clapham before spreading uncontrollably north to Birmingham and Manchester. Buildings were set ablaze, looters pillaged stores and people were killed trying to protect private property. Less than a week after it began on August 6th, the rioting was over – but the response was only just beginning.

Left and right came together to denounce the terrible violence in the streets. Prime Minister David Cameron answered the public's desire for a strong response by putting more policemen on the streets and vowing to convict anyone involved in the riots, regardless of age. CCTV images of criminals were shown in newspapers, stores and on the Internet. The conviction rate appeared to skyrocket.

Opinions about the riots are pouring from every virtual orifice; from newspapers to blogs, from Facebook photos to YouTube videos and yet there has been more illogical outrage than practical reasoning over the cause of the riots.

Anyone who is truly surprised is still living in a rapidly disappearing post WW-2 English bubble, used to following orders and living in a fairly homogeneous society. They can't have walked through Brixton or Clapham after midnight and seen angry youths pull a taxi driver out of his car for no reason at all. They have never had a knife waved in their face or a fist stuck in their gut. They still believe in traditional policing and sentencing, which in England is an almost comical combination of "Bobby" officers picked straight from The Thin Blue Line and wealthy barristers wearing poofy wigs. They still believe that the right attitude is to throw these rascallions in jail to teach them a lesson.

What England witnessed at the beginning of August was the complete rejection of this culture by a significant proportion of the lower classes. English culture, so long based around embarrassment and shame, has now transitioned into a culture that isn't based around anything at all – nothing save for having the nicest Adidas zip-ups and Nike sneakers (did you even know that the riots were over the shooting of a man in London?).

There are countless reasons for this, more than I could or am qualified to list. But at its core the problem lies in this generational and cultural gap that exists between members of the same country. The leaders of all political parties are overwhelmingly white, male and well educated, usually at a posh boarding school or overseas. They exist in a totally separate England than the one we saw last month. There is no reconciliation or understanding between these groups whatsoever.

When Cameron describes the rioters as not only broken but "sick," he is judging them under a very different set of standards than they judge themselves.

And of course the natural response of upper class English culture is not to look at the societal structures which caused this sickness in their country but to send these youths to jail.

What they don't realize is that will only make things worse.

Consider this: You are a disaffected youth, perhaps a first generation Briton of Indian, African or Middle Eastern descent. You are having difficulty finding a job after high school because you cannot afford university and there are hardly any unskilled jobs left in your city. You are largely a law abiding citizen but you are an opportunist; when the riots break out, you walk into a deserted supermarket and take some food, or into a Sports Direct for a pair of fifty pound trainers.

Then you're thrown in jail for six months, a considerably harsher sentence than muggers or thieves usually get. When you get out, you aren't feeling sorry about breaking the law and you certainly haven't learned a lesson about the fabric of English society. What you've learned is that now it is virtually impossible to get a job save for within certain low paying and undesirable industries; even if you raise enough money, most universities will not take you; you must get a special visa to visit many countries, and some simply will not allow you within their borders.

If you were disaffected before, you are downright pissed off now. And knowing this, what choice do you have? You get in touch with some contacts that you met while you were in the pen and before you know it England has a new, more legitimate criminal on their hands.

That is not to say that sending rioters to prison is always the wrong thing to do; many deserve harsh

PHOTO COURTESY SHORTSTACK.COM

The Cover-Letter

Context and opinions on the London riots

prison sentences for atrocities committed in early August. In many ways, it is the only option left to a government which has largely ignored the dissident ranks growing within the lower class who share no common culture or viewpoint with their politicians.

But although the government assures us that there will be no knee-jerk reaction to throw the rioters in prison, data compiled by The Guardian seems to suggest otherwise. If in two years, a generation of youth who are older, more connected and with even fewer prospects are unleashed upon the nation then I can only imagine that those riots are going to be much worse.

Of course, all the societal precedents on the planet don't excuse the rioters for what they did. In fact, it was downright embarrassing for England on a global scale. Where Egypt riots for the end of a corrupt tyrannical regime, England riots for... nothing at all.

In America, the lower classes dream of being rich, through crime or otherwise. Wanton capitalism remains the driving force behind much of the criminal behavior, especially in drug peddling cities like Baltimore. Young gangbangers hope to become "players," owning fast cars and big houses.

In England, there is no such forethought in the urban youth. Getting cash is, of course, a priority, but beyond what a hopeless punter has in his wallet or enough for new trainers, there is not nearly as much incentive to begin making money. Benefits and enough money to live on are largely provided by the state. Attention instead turns to who can be the toughest guy on the block. Crimes become less about money and more about imagined slights or just to have something to do.

And therein lies the biggest problem, which I suspect the spate of arrests made in the wake of the riots will only exacerbate. There is no respect between the police and other figures of authority and these youths, because there is a fundamental misunderstanding between them. In lieu of respect is contempt, upon which hatred is slowly but inevitably built.

So the riots weren't really about the money or the

loot – not in the long term. Perhaps without realizing it, the youth of England sent a message that day, a message that they could do what they wanted and that the power of the old guard is waning to the point of insignificance.

At the same time the "protests" were blind and stupid, seeing vandals sketching out meaningless political messages and young girls telling reporters that they're against "the rich people, innit."

They also showed that the full might of English police force is no match for a group of teenagers armed with Blackberry Messenger.

As always, the only solution is one in the long term; for the government to reach out to children in state subsidized council estates and offer them support and ways out of poverty; to teach them to work instead of blindly throwing a few quid at them each month to keep them quiet; in the words of famous rude boy rapper Dizzee Rascal, to show them that "there is a world outside of the ends."

And as always, the long term plan won't sit well with the incensed middle class voters, who want to see a solution immediately. But while sending these kids to the (already extremely crowded) English prison system may get them off the streets for a while, it won't change their culture, leaving the potential for another riot in the future for the exact same reasons.

As the now internet sensation "Hackney Heroine" said, while standing under a misspelled paint scrawl on a wall reading 'f-k Cameroon [sic]': "You lot want to go and burn it up, for what? Just to say that you're warring, and you're badman? Do it for a cause, if we're fighting for a cause let's fight for a f-king cause!"

Because there was no cause of the London riots in 2011 – it was a boiling point reached by a society which has for too long forgotten that it is splintered and fragmented, for too long ignored the indicators of how a well meaning, multicultural but ultimately broken England will stagger into the rest of the 21st century.

This was just a reminder.

—Mike Nakan

PHOTO COURTESY BLUEPOINTTRADING.COM

The Cover-Letter

RUSH DELTA XI PHI

Fri, Sept 2nd. 11am-3pm: Free Lemonade @The Breezeway

Tues, Sept 6th. 7pm-9pm: Henna, Tea, & Talk @The Carlton #203

Wed, Sept 7th. 7pm-9pm: Fondue & Friends @AMR I MPR

Fri, Sept 9th. 2pm-4:30pm: SA Fair @Rec Center

Sun, Sept 11th. 12pm-2pm: Brunch Info Session @Charles Commons Kitchen

Mon, Sept 12th. 7pm-9pm: Game Night! @McCoy MPR

Wed, Sept 14th. 7pm-9pm: Cupcakes & Community Service @Levering Conference Room A

Fri, Sept 16th. 9pm-11pm: Invite Only: Around the World Party

Sun, Sept 18th. Morning: Interviews

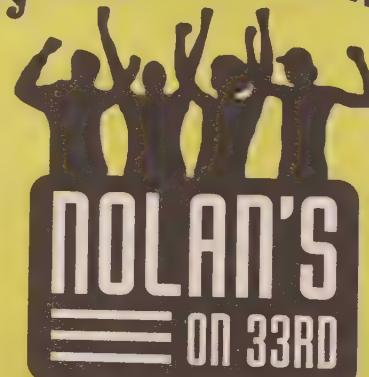
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Spotlight: The morning after Irene

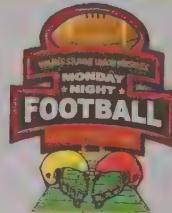


COURTESY OF LILY NEWMAN

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Preserve your GPA and achieve world domination with covered grades

By LILY NEWMAN
Editor-in-Chief

I'm gonna be real with you guys. I got two Cs first semester freshman year. The only thing I regret about the whole thing is not getting more.

Those Cs weren't about slacking. They weren't about being lazy or partying. They reflected my inability to intellectually get it together in calc. I got a 50 on that final. I'm not proud of it. The class wasn't even that hard. I did get smart in the wake of the disaster, though, and I am kind of proud of that part.

Once I knew I had blown Dean's List I figured it was stupid to kill myself for my other big final in Gen Bio. So I did some light studying and then proceeded to enjoy a beautiful day on campus. The result? A 70 on the final and a C+ in the class, but if I hadn't decided to write this article for your benefit, no one would have ever been the wiser.

Covered grades are a game that everyone should be playing. You should take classes that are going to come in handy later, and you don't even need to know your major to know what will help you out. If you hate writing take two writing intensives. If you're bad at languages but will probably have a language requirement, get a semester out of the way (I really wish I had done that). If you hate math take math. See how this works?

But let's make one thing clear: Don't be a moron. Don't fail a class. That's a bad call. Don't take so many hard classes that you freak out and let things spiral. DON'T DO IT. And keep in mind that my strategy doesn't fly if your grades suffer because of partying. Sure, covered grades give you some room to have fun, but don't fail a class. I can't emphasize that enough.

Also, think about the future. If you're pre-med or pre-professional beware graduate schools that demand to see your

freshman fall grades. Also, don't screw yourself if you have a scholarship that is going to look at these grades. Common sense, people.

Beyond that, though, this strategy gives you an opportunity to get requirements out of the way and try classes that sound hard but cool. Go nuts! Covered grades are the one academic gift Hopkins will give you, and most freshmen don't really take advantage of it.

If you're scared to do poorly because you got straight As in high school, my strategy has an extra benefit for you. You need to learn what it means to suck, because at some point Hopkins will show you that you're not the best at everything. That's what I like about Hopkins, though. The people here are empowered by their intelligence. But it also wouldn't be Hopkins if the smartest people weren't quietly retaking intro courses. If you keep your head above water you can lord it over them for semesters to come.

I'm not advocating getting bad grades in general. You're smart. I can feel it. And even during covered grades I got As in my good subjects. And I've done well since then. The point of this whole thing is to start out at Hopkins with a positive and low-stress attitude. Roll with it. You can get through the tough classes. Just don't waste covered grades, because they're not coming back.

Covered grades are the one academic gift Hopkins will give you, and most freshmen don't really take advantage of it.

JOHNS HOPKINS UNIVERSITY				ZANVYL KRIEGER SCHOOL OF ART Baltimore, MD 21218 www.jhu.edu							
Student Name Newman, Lily Hay				Date of Birth 05/04/xxxx							
Year of Study Senior	Major Writing Seminars										
Other Major(s) History of Sc/Med/Tech			Minor Classics								
DIV	DEPT	CRSE #	COURSE TITLE	CRSE AREA	GRADE	CRSE CREDITS DEG	GPA PTS GPA	DIV	DEPT		
Fall 2008											
Writing Seminars											
AS	BIOL	020.151	General Biology I	N	S	4.0	0.0	0.0	AS	CLA	
AS	BIOL	020.153	General Biology Lab I	N	S	1.0	0.0	0.0	AS	HSC	
AS	MATH	110.107	Calculus II	Q	S	4.0	0.0	0.0	AS	PSY	
AS	WRIT	220.202	Introduction to Non-Fiction	H	S	*	3.0	0.0	0.0	AS	WRJ
AS	WRIT	220.105	Fiction/Poetry Writing I	H	S	*	3.0	0.0	0.0	AS	WRJ
TERM GPA 0.00				TOTAL		15.0	0.0	0.0			
CUM GPA 0.00				TOTAL		15.0					

COURTESY OF LILY NEWMAN

So, now you know my middle name and birthday, but you wouldn't have known that I struggled in calc if I hadn't told you.

J'TAIME, JHU

We just love our Jays! We love 'em so much that we put our best sandwich on a French roll, called it "Fabulous" and "Smokin'," and named it for them. In fact, our jubilance extends to all of JHU. As the closest full-service market to campus, we joyfully accept J-cash for any purchase (as well as Visa, MC, and AMEX), and giving 10% discounts with an alumni discount card makes us downright jolly. Join us for daily deli specials, salad bar, fresh produce and meats, just-baked NY-style bagels, the best coffee in the sandwich, sandwich/salad bar and a 2-week sandwich special—



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By VICTORIA SCORDATO

Layout Editor

When you first arrive on campus it may seem like people are speaking a different language. A language that's deceptive in its similarities to English, but littered with acronyms, hyphenates and abbreviations that manage to escape your understanding. At first you might worry that a mere high school education has not enabled you understand the complex and nuanced language spoken by college students. But I can assure you that the diction and verbiage utilized by those of us at the Johns Hopkins University are just as simplistic and even sophomoric as those used by any college or, dare I say it, high school student. But we at Hopkins have managed to obscure that fact through the development of our very own "lingo." Though, now that you have so wisely chosen to become a Blue Jay, I would be more than happy to let you in on the conversation. And so, I have defined the top 12 terms you absolutely must know in order to survive your first week at Hopkins.

beach, *n.* : DISCLAIMER: Stop reading if you want to maintain any semblance of hope you might have had that, after casually overhearing an upperclassman's conversation, there may be a beach hidden behind the Wyman Park building somewhere. What we here at Hopkins endearingly refer to as "the beach" is in fact just the quad in front of the library. According to Hopkins folklore, if you lay out on the grass, close your eyes and employ a little imagination (or intoxicant, your choice), the hum of cars rushing down North Charles Street can resemble the sound of waves crashing on a "beach." It is an admittedly generous moniker.

breeze-way, *n.* : A marble masterpiece (or minefield, depending on the weather), the Breezeway is what we call the imperial staircase that connects the Wyman and Gilman Quads. The name comes from the breeze that wafts through the top landing of the stairwell spanning the distance between Ames and Krieger. Because of the foot traffic it sustains, this campus thoroughfare often features chalk announcements and hand painted banners advertising upcoming school-sponsored events and various club activities. But seriously, be careful when it rains.

B-M-E, *n.* : The first of many acronyms you will encounter before the end of the list (not to mention this year), BME stands for Bio-Medical Engineering. The most prestigious and competitive major at Hopkins, BME is a sick hybrid of both pre-med and engineering requirements.

char-mar, *n.* : Otherwise known as Charles St. Market, CharMar is a university-sponsored

mini-mart located on the bottom floor of Wolman. One of the only establishments that will take your dining dollars (which are otherwise fairly useless), CharMar provides students with a way to spend their parents' money in the least cost-effective way possible. It's the only accessible retailer for general essentials like shampoo and bagel bites, but charges regular convenience store rates for these items. However, CharMar does get points for its Southwest Chicken sandwich.

dlev-el challenge, *n.* : DONT GET CAUGHT.

F-F-C, *n.* : Otherwise known as the Fresh Food Café, the FFC is the main source of sustenance for hungry and beleaguered freshman. Located below Buildings A & B and next door to AMR II, its central location makes it a little too easy to get a bite, day or night.

hel-well, *n.* : A.k.a. Health and Wellness, HelWell is where you go when your alarm fails to go off on the morning of an exam hoping to God that you have some exotic ailment that would be grounds for an excuse. Inevitably, you have mono (true story).

HE-RO, *n.* : HERO refers to the Hopkins Emergency Response Organization, a group of students dedicated to saving those who are too drunk to save themselves (and getting into Med School). A good goal for freshman year is to avoid having to be "HERO-ed," but trust us, that can be a lot harder than it sounds.

The Hut, *n.* : Located on the second floor of Gilman, the Hut is probably one of the most

beautiful places on campus. With its floor to ceiling stain-glassed windows and mahogany furniture, the Hut can provide a nice respite from the fluorescent, windowless dungeons known as B-D level.

M-S-E, *n.* : Where you'll be spending the rest of eternity, MSE stands for Milton S. Eisenhower aka the namesake of the Milton S. Eisenhower library. Over the next four years you will spend countless numbers of hours in the bowels of C level attempting to read your [insert intro class here] textbook. Inevitably you will fail and instead end up spending the last two hours before every exam combing the Hopkins athletic site, trying to put a name to the face of that cute baseball player sitting at the table behind you.

the nest, *n.* : This one actually puzzled me for the longest time. For the entirety of first semester you will see this phrase on t-shirts donned by all the upperclassman in your Orgo class (sorry, you're not the first to think to take it under covered grades). You will wildly speculate about what it is, but be too afraid to articulate your confusion for fear of looking like a freshman. But thanks to us here at *The News-Letter*, it won't take you until lacrosse season to finally understand that "The Nest" refers to the student section at sporting (a.k.a. lacrosse) events. You're welcome.

U-ni-Mi-ni, *n.* : Oh, University Market. How do I love thee? Let me count the ways. For one, you are open 24 hours a day. Two, your shawarma's keep my hunger at bay. Most of all you sustain those who strive to make sure Hopkins is never all work and no play.

The Cover-Letter



Before you kick the bucket, make sure to finish the list

By BARBARA LAM
Arts & Entertainment Editor

There's only one sure thing about college, and it's that it will surprise you. The opportunities—both good and bad—can be overwhelming. Here's a short bucket list of the things you should aim to do your freshman year at Hopkins!

1. Get to know the FFC employees by their first names

If you say speak to the FFC workers, not only will it reap you the reward of the best omelets and vegan dishes, but also a friendly conversation while you are on that long line. They will always be there to cheer you up when you get back from Chem. lab and after a few weeks, they will recognize your face so say hi!

2. Pretend to be a student at Loyola

Droves of Loyola students show up at Hopkins on the weekends to unfortunately, be themselves. Switch things up and go to Loyola on the weekends as an imposter.

3. Win at Assassin

Assassin is a game that involves killing people by throwing utensils and/or socks at them. It gets intense. People hide in their bureaus and showers, and when not and stalk their fellow residents. Your RA will probably organize at least one round throughout the course of the year. If not, jump in on another floor or house's game to catch them off guard. Of course, play to win.

4. Swipe an upperclassman into the FFC

What upperclassmen appreciate most about incoming freshmen is their meal plan generosity. If you have the wealth, share it with your struggling peers and maybe one day a freshman will do the same for you.

5. Go on a late night Uni Mini run

University Market is a Hopkins institution and almost every late night falafel run guarantees that you will bear witness to some kind of spectacle. Be a genuine Hopkins student and make the run somewhere between 3 and 5 am and smuggle the food back into the library.

6. Underground Hopkins

Hopkins is full of secrets, like the steam tunnels, underground government labs, and secret rooms in Gilman. Find out which ones are true.

7. Survive a spinning class

The Rec Center holds drop-in classes almost every day of the week that range from kickboxing to yoga to Pilates. 10am yoga on Saturday is difficult, more because of the time, but a true test of strength is the spinning class. If you think you are in shape, go and see if you can bike for that long!

8. Walk around campus at 3am

The campus is beautiful at night so why not enjoy it with a new friend? Bond with the person you met last week over how you both grew up on the Jersey Shore and hate LBI. Or, you know, whatever.

9. Go to late night at the FFC

From 9pm – 12am, Monday through Saturday, students congregate in the FFC. Best friends have been made over the infamous, yet delicious, ice cream and pancakes.

10. Pull an all-nighter on the beach

Lots of Friday nights end on the beach. Make this one last 'til the sun comes up.



COURTESY OF LILY NEWMAN

A COMEDY ABOUT
OLD FRIENDS IN NEW POSITIONS

ABSURDLY BRILLIANT!
Kris Winkleman - NEW YORK POST STAFF

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Immerse yourself in Hopkins and Baltimore traditions

By LAURA FLYNN and RACHEL WITKIN
Staff Writers

One of the biggest stereotypes about Hopkins is that all students here do is study. While studying is a big part of many students' lives, there are numerous other activities that are available on and off campus.

Halloween is a major time when students are not poring over their books. Every year, the SGA pays for buses to take students down to Fells Point, where people from all over Baltimore swarm the streets in skimpy costumes.

Those people who aren't 21 will most likely not be allowed into the various bars. This isn't too disappointing, however, as the people-watching can provide enough entertainment for the night. Just be sure not to dress too revealing as temperatures will drop as the night progresses.

Another event packed with fun is Greek Weekend, which happens in October. The

sororities and fraternities host different events open to the entire student body.

Last year, the fraternities participated in a Soap Box Derby, while the sororities competed in a Powder Puff Football competition. Of course, there always seems to be an endless supply of free food.

Spring Fair is another time of year where students are able to relax for an entire weekend. Think county fair plus free concerts.

It was created in the early 70s to help connect Hopkins with the rest of Baltimore. Spring Fair kicks off with an impressive fireworks display on Thursday night. Then, by the time Friday morning's classes are over, the campus has been transformed.

The Upper Quad is covered with vendors selling jewelry and many other trinkets at bargain prices. The Freshman Quad has any type of carnival food that anyone would ever want. The classic items are the funnel cakes, deep-fried Oreos, the humongous turkey legs, the chicken on a stick and the refillable old-fashioned soda cups.

There is a free concert and a party every year. For anyone over 21, there is even a Beer Garden. Many alumni come back every year for the great food.

Even more alumni are present at homecoming, which is in the spring, not the fall, due to Hopkins' stellar lacrosse reputation. There are alumni events that go on the entire weekend. On the morning of the lacrosse game, Hopkins throws a tailgating party on the Freshman Quad with free food, foam fingers, and pom-poms galore. And yes, another Beer Garden.

Students also tend to travel off campus and attend popular events in the areas nearby.

HONfest, a local tradition that takes place on 36th Street in Hampden, is a celebration for the women who were part of the workforce in Baltimore

throughout history. Hon, short for Honey, not only ascribes to the "beehive" up-dos but also the kindness and sincerity of these women.

The perfect location for this intriguing festival, 36th street's local stores host sidewalk sales throughout the four-day celebration. The event is centered around Café Hon, behind which takes place a Hon Beauty Pageant, acknowledged by national newspapers. It takes place during June, so it is a perfect activity for students who remained at school to do during the lazy days of summer.

From September 23rd to 25th, Mount Vernon is hosting the annual Baltimore Book Festival. Amateur and already published authors put their writings and works on display.

This year's authors will include Myla Goldberg, Laura Lippman, Chef Aaron "Big Daddy" McCargo and many more. Crafts, food and picnicking are also offered for those who attend.

The Under Armour Baltimore Running Festival is open for anyone who wishes to workout, to support a cause, or just have fun. Participants have the choice of a marathon, half marathon, team relay, 5K, and a Kid's Fun Run. It will take place on October 25th and a max of 25,000 runners can register for the event.

This upcoming season will be the 40th year that the Hampden and Medfield neighborhoods celebrate the winter holidays with The Mayor's Annual Christmas Parade.



COURTESY OF INTOLENS4149

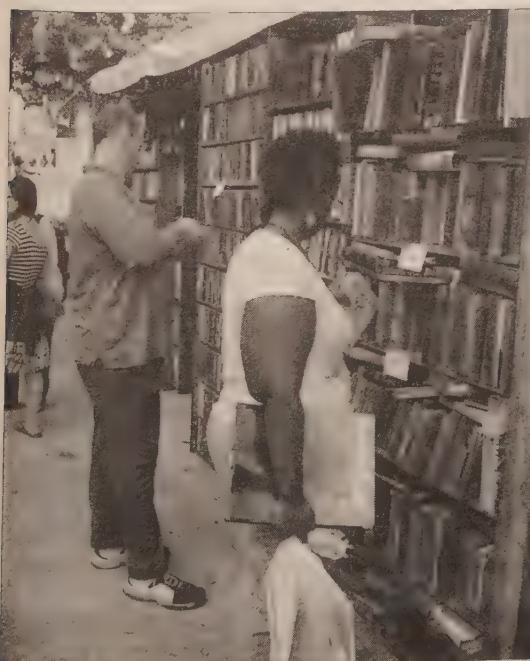
HONfest-ers decked out in everything from pink boas to Beehive hairdos.

December 5th of last year, the 2.5-mile stretch of road starting from Poly and Western High Schools ending at 37th street was packed with 25,000 people. Santa Claus, accompanied with bands, floats, and Miss and Junior Miss Yuletide traveled down the roads.

This event is oriented towards those who love the holidays and want to celebrate before Christmas Day arrives.

In addition to these Baltimore traditions, the city is always hosting new events throughout the year.

Going to premier events and still keeping to the traditional ones is a great way to experience the ever-changing city of Baltimore, while appreciating the old.



COURTESY OF WWW.BALTIMOREBOOKFESTIVAL.COM

Readers search through the book festival stacks for a hidden gem.

The Cover-Letter



From past to present: A brief history of Hop's founding

By JUSTIN LI
News & Features Editor

The Johns Hopkins University was founded in 1876 by a board of trustees incorporated by Johns Hopkins, a wealthy Baltimore entrepreneur.

Born in 1795 on a tobacco plantation in Anne Arundel County, Maryland, Hopkins worked on his family's plantation until 1812 when he moved to Baltimore to work in his uncle's wholesale grocery business. After working for his uncle for seven years, Hopkins had started his own mercantile house. Renamed Hopkins Brothers after three of Hopkins' own brothers joined, the business prospered and expanded throughout Maryland and into Virginia and North Carolina.

Although a savvy businessman, Hopkins made the majority of his fortune as an investor in many business ventures, including the Baltimore and Ohio Railroad. A significant shareholder of the Baltimore and Ohio Railroad, Hopkins was made a Director in 1847 and then Chairman of the Finance Committee in 1855.

Hopkins also engaged in philanthropic deeds. In 1867, he apportioned a part of his wealth to benefit the city of Baltimore. Hopkins incorporated the Johns Hopkins University and the Johns Hopkins Hospital and set aside several million dollars of his personal wealth to fund the development of the two institutions. When Hopkins died in 1873, he bequeathed \$7 million in his assets and property to the university and hospital. Because of his bequest, Hopkins' name on the Wall of Donors in front of Garland Hall, where each named donor has matched or surpass Hopkins' original donation.

Being neither an academic nor a doctor, Hopkins created a 12 member Board of Trustees for each institution to oversee their development. The University Board recruited Daniel Gilman, who was then the President of the University of California at Berkeley, to be Hopkins's first president.

With the vast sum bequeathed to the

university by its namesake, Gilman envisioned the university marking an advancement in scholarship and higher education. Gilman, whom the Homewood Campus building is named in honor of, sought to create a highly developed and highly comprehensive research university inclusive of all fields, from the humanities to the sciences, and of all levels of education, from undergraduate colleges to research institutions.

Gilman sought to create a university dedicated to human advancement and betterment.

"Our simple aim is to make scholars, strong, bright, useful and true," Gilman said in his Inaugural Address on February 22, 1876.

Inspired by European universities, Gilman established at Hopkins an unique university system, in which undergraduate students are taught by faculty that complete research in their fields while also training graduate students. Gilman's implementation of this new system is considered the beginning of the modern university system in the United States.

Because of the new system, the university was able to attract a number of distinguished scholars to join the faculty for its inaugural year, including classicist Basil Gildersleeve, mathematician J. J. Sylvester, physicist Henry A. Rowland, chemist Ira Remsen and biologist H. Newell Martin.

Gilman's efforts to better the university also included the acquisition of the Homewood Campus.

Originally, Hopkins had bequeathed his Clifton estate to the university to serve as its campus. However, due to financial limitations placed on the endowment by Hopkins, the university was unable to generate the funds to develop the land. As a result, the university relocated to a number of buildings in downtown Baltimore, near the Peabody Library, until sufficient funds could be gathered.

As the university grew, it purchased additional land and constructed addition-



CAROLYN HAN/PHOTOGRAPHY EDITOR

Daniel Coit Gilman envisioned the priorities and learning environment that Hopkins would adopt.

al buildings to meet its needs. But after nearly two decades in downtown Baltimore, the university began to run out of space.

By that time, portions of the Clifton estate had been selected for the construction of a reservoir and a railroad. In 1894, when Baltimore and Ohio Railroad stock, which comprised a large portion of the university's endowment, dropped in value, the trustees sold the remainder of the Clifton estate to the city of Baltimore for operating funds.

Gilman sought the help of William Keyser, former president of the Baltimore Copper Company, to acquire a new site for the university. After first acquiring a tract of sixty acres west of Charles Street and south of what is now University Parkway from Keyser's cousin, William Wyman, the men continued to secure additional land until 1901 when they made their final offer to the university of 179 acres of land.

The original stipulation for the land was that the university add \$1 million to its endowment, but the university

was unable to raise the money. The donors changed the terms and required the university to set aside no less than thirty acres of the property for the city to use as a public park. The Board of Trustees accepted the offer and the university acquired the Homewood Campus.

In 1913, after a two year fundraising campaign which gained the university \$1.2 million, construction began on Maryland Hall and Gilman Hall and was completed in 1914 and 1915, respectively. The School of Engineering moved to Homewood Campus in the fall of 1914. The administration and School of Arts and Sciences followed suit in the summer of 1916, occupying the extra spaces in Maryland and Gilman Halls until separate buildings could be built.

Hopkins has come a long way since, adding many new buildings to the Homewood Campus, and eventually buying land across Charles Street, which now houses Wolman, McCoy and the Charles Street Market, as well as many university buildings.

The Cover-Letter



Notes on the evolving situation in Libya

By ABBY HARRI
News & Features Editor

On August 22, 2011, the end of the reign of the dictatorship in Libya and the restoration of one of the few remaining sites of heavy conflict, Tripoli, was furthered when rebel forces entered the city and occupied Martyrs' Square.

Muammar Gaddafi was the leader of the 42-year reign, and still states that he will not back down from the rebellion. Gaddafi himself overthrew the government before him, which was led by King Idris. Referred to as "Brother Leader and Guide of the Revolution," Gaddafi now faces a threat similar to that he imposed on another.

When Gaddafi gained power, he considered the previous ruling "politically sick." To establish his own power, Gaddafi executed dissidents publicly, broadcasting these executions on television.

Gaddafi also established an economic power force in Libya, backed by Libya's oil reserves and oil industry. As time passed, Gaddafi spent money from the oil industry on arms and used it to support terrorist groups. However, he avoided economic sanctions by agreeing to pay 2.7 billion

dollars to the families of victims of a plane bombing by Libyan agents.

Despite Libya's plentiful oil reserves and revenues, Libyan children suffered from anemia and malnutrition. Discussing national policy with a foreigner was punishable with three years in prison and many feared even referring to Gaddafi by name. Freedom of press in Libya was "virtually non-existent" according to Reporters Without Borders. The Western world of reporters was not allowed within Libya's borders.

Despite Gaddafi's harsh dictatorial rule, opposition grew. The Libyan conflict between Gaddafi's regime and rebels began on February 17th, a day that Libyan rebels planned as a "day of rage." Participating Libyans had been influenced by pro-democracy uprisings in the Arab world.

Gaddafi blamed Israel for the uprising, suggesting that they were opposed to the Arabic background of Libya and influenced the uprising out of spite.

Gaddafi ordered his forces to crack down, and government soldiers fired upon protesters in the capital of Tripoli. Some who refused to shoot were also shot. Planes began to be used to attack civilians and anti-Gaddafi forces, which then

spawned a mass movement of refugees from Tripoli and other heavily-bombarded areas totaling 690,000 people.

The UN stepped in, stating that Gaddafi's orders and implementations violated international law.

Eventually, the US, Australia, and Canada imposed economic sanctions against Libya, a potentially devastating action against Libya's oil industry.

This was a major step for the United States, as President Obama attracted criticism for potentially starting another warfront for the US in an Arab-majority country, an action that would follow in his predecessor's footsteps.

Obama countered this by saying openly that American ground forces would not enter Libya. Failing to initially follow suit was the country of Italy, a close neighbor of

Libya and customer of its oil industry. As the rebellion grew, the National Transitional Council developed as administration for rebel-controlled areas. It served to organize the rebellion and create a more widened effort against Gaddafi's dictatorship.

On March 17th, 2011, Resolution 1973 was passed by the United Nations Security Council, which established a no-fly zone over Libya and allowed for the use of "all means necessary" to protect Libyan civilians.

The government responded by claiming to begin a ceasefire. But attacks soon resumed and the government cut electricity and water. The International Criminal Court issued an arrest warrant for Gaddafi in June 2011 for systematically

planning and calling to action attacks against civilians and non-supporters.

Although Gaddafi is alive and has avoided capture, rebels fighting for freedom from his rule report that they have almost total control. The major crisis in Tripoli (the center of the conflict and repression of protests) as of now is a shortage of basic supplies such as fuel and running water.

However, Mahmoud Shammam, member of the National Transitional Council, asked employees of the oil industry to return to speed the process of getting fuel to citizens and also suggested in a wary statement that the situation should be viewed from a realistic standpoint, as Gaddafi's long-lasting reign was taken over in a short period of six months.

According to Mahmoud Shammam, the spokesman for Benghazi-Transitional National Council, "We are starting from point zero in this situation. Do not ask for miracles, but we promise to try to make this difficult period as short as we can."

Despite the positive progress toward reconstruction and reduced Gaddafi government forces, this news came in the light of reminders of the fragile state of the rebels' preliminary victory.

50 bodies were found in a warehouse south of Tripoli, reportedly civilians who were executed Tuesday by forces under the command of Gaddafi's son. At a hospital within the city, 200 more bodies were found Friday, left to decompose as doctors and nurses were forced to flee because of the conflict and heavy fire in the area.

Sirte, Gaddafi's coastal hometown east of Tripoli, remains deadlocked. The rebels are confident that they will succeed there, but without it the country may remain split in two.

"We are starting from point zero in this situation. Do not ask for miracles, but we promise to try to make this difficult period as short as we can."

**— MAHMOUD SHAMMAM,
BENGHAZI- TRANSITIONAL
NATIONAL COUNCIL SPOKESMAN**



COURTESY OF BRQ NETWORK

Near Bin Jawad, rebel fighters run for safety during heavy shelling by Libyan leader Muammar Gaddafi's troops.

The Cover-Letter



You've got a frenemy in me: The roommate situation

By RACHEL WITKIN
Managing Editor

College is strange. You are expected to not only figure out how to move an entire year's worth of stuff into one room, but to immediately move in and share that room with a stranger, possibly even two strangers.

Maybe you had Facebook messaged your new roommate a few times over the summer, but your conversations hadn't gone too far past whether to rent a microfridge and what you're going to major in.

Then came the awkward stages of unpacking everything and trying to talk to your roommate simultaneously. To go to the first dinner together and exchange phone numbers, wondering if the number would ever be used for anything other than, "I forgot my JCard, can you let me in?" And then there was that first night where some stayed up talking all night in the room and others experienced Pike and Sigep for the first time.

Partying and unpacking aside, the most important thing to do when meeting roommates and suitemates is to sit down and have a long talk with them. At one of the housing meetings, the RA's handed out roommate questionnaires.

Actually sit down and talk about the items on the list. It's a chance for roommates to really get to know one another. It's not just about fig-

uring out who likes music when studying, and who wants to go to bed at 11 every night, though those details do matter. It's really about feeling comfortable in your new home. It's better to hash out everything now, before classes get stressful.

Maybe your roommates will become your best friends. You make sure to eat almost every meal together, to go out every weekend and deprive each other of sleep as you stay up talking every night. This

is the roommate that will cook you Easy Mac before a mid-term, that will Facebook chat you while you're sitting down the hall because they miss you.

This is also the kind of roommate that isn't afraid to tell you exactly what they love about you, and what they hate about you. Sounds drastic? Maybe for the first week, but after a few months, it is healthy to get your feelings

out there, even about the most minor issues. Constantly being around the same few people is bound to lead to aggravations, even if these people have become your best friends. The way to keep the tension low is to stay open with one another.

Constantly being around the same people is bound to lead to aggravations, even if they have become your best friends.

are friends with your roommate; just not best friends.

College is great in the way that there isn't one group of friends that you have



CAROLYN HAN/PHOTO EDITOR

Robert Chen and Freddie Schozer share a room in AMR I. They have to coordinate their schedules from studying to hanging out with friends.

to identify with. You can be close friends with your roommates, your teammates, and that random guy in Chem lab without these people ever knowing each other. There is no lunch "group" that you sit with in the cafeteria every day. There are so many opportunities to make friends each with different, unique personalities.

Or perhaps there are people down the hall, or in one of your clubs that you immediately click with. Someone who seems to be so much more similar to you than your current roommate. These are the people that you want to hang out with when you're not in class. You

are friends with your roommate; just not best friends.

But sometimes, people get unlucky and end up living with a person that they absolutely hate. If this is your situation, try to make it work the best that you can. Try

not to become obsessed with the small details, like how clean your roommate's side of the room is.

If they have a boyfriend or a girlfriend, make sure to discuss how you feel about "sexiling." Obviously it's never an ideal situation, but you don't want to open the door to your room one day to an ugly surprise. Create a system so you can avoid awkward situations, whether it's the old-school socks hanging on the door, or something more creative.

Do your best to talk out all problems. And if that doesn't work, make a life for yourself outside of your room. This is only preparing you for the real world, where there inevitably will be people that you don't get along with in your job or community.

Yes, college is weird for throwing complete strangers in a room with each other. But it is also a valuable experience that provides you with lifelong friends and a lesson in how to cooperate.

The Cover-Letter

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The Johns Hopkins News-Letter

September, 1 2011



How to succeed at Hopkins without really trying

By Laura Flynn
Magazine Editor

Homework in high school was something you may have done while watching tv, texting your friends, running on the treadmill, or all of these things simultaneously.

Your straight As and perfect "citizenship" or attitude earned your report card a spot on the refrigerator. But, after first semester of college is over, many freshmen find their academic schedule to be challenging and wish for the return of covered grades.

It may seem impossible to finish that insurmountable pile of work on your desk, to go on a run, socialize or sleep. How do Hopkins students find time to do all of this? Here is a condensed manual of tips that will help you survive the rush, and thrill of freshman year.

Tip 5: Know your Professors and TAs

Get to know your professors . . . Ok. Not in that way. Teachers were also sports coaches and club advisors in high school, so you may have to put a little more effort into meeting your professors than just walking to the track. But once you do, you will feel more comfortable asking them for help. Plus, if they know and like you, they're more likely to take pity on your soul when submitting final grades.

If the class is a huge lecture, like Macro or Gen Bio, converse with your Teaching Assistant (TA). TAs tend to be more sympathetic to questions and grade issues, because they are often graduate students who have their own work to do. And if they are still undergrads then they have probably been in your shoes recently.

Tip 4: Become a hermit before mid-

terms and finals

Students at Hopkins are able to do everything they do by saving their studying for the week before their exams. Midterms/finals period is the time to transform into an antisocial hermit. Designate a place to study, set up your books, your source of caffeine, an extra set of clothes — trust me you will need them — and hit the books.

Tip 3: Nap like a Baby

As you will see on all levels of the library, students tend to pass out either holding an Orgo book or with hands frozen on their keyboards. Hopkins students study late into the night, sleep, wake up early to cram, take a morning exam and then continue to slog through their schedules like nothing happened.

The trick to keeping all of your balls in the air is napping. Grab your blankie (or your textook) and rest your eyes. Great places to nap are Levering Hall during the winter (the warmth of the fireplaces is amazing), the library, com-

mon rooms and even the FFC. While napping can't beat eight hours in an actual bed, taking a half hour power nap allows your body to rejuvenate.

The trick to keeping all of your balls in the air is napping. Grab your blankie (or your textook) and rest your eyes.



ALEX MUI/CARTOONS EDITOR

Tip 2: Take Easy Classes

If you strategize, there's no reason that some of your classes can't be used as breathers. Classes such as Intro to Fiction and Poetry and Conversations with the Earth are common GPA boosters that leave time for meeting new people, having fun or catching up on sleep. But seriously, take one simple class per semester. During the last week of finals it feels great to know that you will not be pulling an all-nighter for each of your classes.

Tip 1: Adopt a Nerd

If you are anxious about a certain class, buddy up to a student who wants to show

off and answer your questions. Get her to study with you since she will probably pre-study before you meet up.

Ask to copy her notes (yours are of course 'lost' or in the trash because your roommate threw them out in a drunken desire to clean). Bug her with the questions that would hurt your grade to ask in class. And don't feel too much like a parasite, because teaching you the fundamentals is a great way for your new best friend to review. Ok, yeah, you might want to take your tutor out for dinner.

So maybe you can't avoid work altogether, but making it through Hopkins is doable. Keep these tips in mind when you register for classes or embark on your first all-nighter. Fun times.

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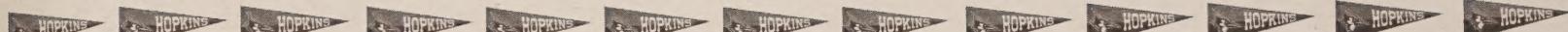
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ALEX MUI/CARTOONS EDITOR

Dealing with the freshman 15 without having to live in the Rec Center

By IAN YU
Science & Technology Editor

Here's your expectation as a freshman: you will gain 15 pounds by the end of your first year of college, maybe just your first semester alone. From the stress of classes, an all-you-care-to-eat dining hall as your primary source of food, alcohol (for those of you who would want to imbibe) and maybe spending too much time in the library, the challenge is insurmountable.

Aside from making an effort to avoid fried food at the FFC, trying to exercise a few times a week and some other general advice anyone can offer, here's what I would recommend to avoid the Freshman 15.

Breakfast!

It may sound facetious that my first suggestion is to eat a meal that many of you have managed to do away with in high school, but the cliché "the most important meal of the day" does have a certain amount of merit to it.

Without a little something in your stomach as you start your day, your body will feel quite a bit down and your metabolism depresses a bit. Besides burning through fewer calories in the morning and having less energy overall, skipping breakfast will leave you starving by the time you reach lunch.

For those of you who have opted for the unlimited meal plan, an FFC breakfast

should be a part of your daily routine, (although I would avoid bacon and anything you know is not going to be good for you). If you are in a crunch for time, even something small such as a bowl of cereal is better than nothing to start off your day.

Eat until you are satisfied, not stuffed.

Many people have these two conditions intertwined, especially in all-you-care-to-eat settings such as the FFC. After all, there is that temptation to enjoy as much tasty food as you can when the FFC serves up something you like, hopefully every day, since you are on a meal plan that costs quite a bit.

Putting those thoughts aside, developing that sliver of self-control with the portions of food you eat will go a long way to maintaining a healthy weight. Portion size is a huge factor when controlling your caloric intake and it may take time to find that difference between satisfying your hunger and stuffing your stomach. Once you can establish that distinction, it will be much easier to tinker with your other habits.

Drink water

This is an all too obvious suggestion, but with all of the soft drinks readily available at FFC and in the vending machines around campus this is an easy way to cut off unnecessary calories. After all, all of that sugar and high fructose corn syrup does not come with any substantial

nutrients and many are not a great way for you to hydrate yourself.

I would even go as far as to avoid the diet sodas; taming that sweet tooth from drinks can also reduce how much you crave sugar coated snacks and other excess food. Some of you may already be habituated to not drink soda so this is an all too easy tip for you, but the rest of you should try to make a small effort to reduce the amount you consume. Even limiting yourself to one soda at lunch or dinner is better than what you would otherwise do without much thought or focus.

Be relaxed when possible

I myself can attest to being a stress-eater as many of you may be (although I am more often a boredom-eater). These sorts of pressures can also cut it both ways, as anxiety has also made my stomach too grumpy to accept anything.

Still, suggesting that Hopkins students should try to be relaxed is a bit unrealistic on my part. Yes you do have covered grades for this semester only, and on that basis I would say that you should experiment with how much you push yourself. Some of you may find that your focus actually improves when you relax and can think clearly; coinciding with that level of relaxation you can also have better control over what you eat.

Otherwise if you are like me, you will need a little bit of stress to push yourself.

Again this is something you will only figure out with a little trial and (hopefully very little) error, as if you allow too much stress to build up you may find yourself wondering where all of your snacks went and when all of that weight appeared.

Don't stress...about the Freshman 15

Weighing yourself on a daily basis is not going to do you any good, especially when factors such as how hydrated you are can probably vary from one day to another. If you really must monitor your weight, try to limit to a weekly routine at roughly the same time of day and day of the week (your weight on a Friday night will probably differ from a Saturday morning, especially if you wake up hungover).

The most important message is this: find a balance of concern and nonchalance with regards to your weight as well as an overall balance to your life. You may find yourself deviating from your expectations for yourself physically; heavy course loads or difficult paths at Hopkins can certainly do that.

Also keep in mind that one pound of fat is roughly 3500 calories, which is more than what you would normally take in and burn on a normal day unless you have a very physically exerting lifestyle (i.e. athletes). Shifting your weight either way will take a while, and as long as you keep track of the above points, you should make it to the next summer in beach-worthy shape.

The Cover-Letter



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